CLAIMS

THE EMBODIMENTS OF THE INVENTION IN WHICH AN EXCLUSIVE PROPERTY OR PRIVILEGE IS CLAIMED ARE DEFINED AS FOLLOWS:

- 1. A shoring post comprising:
 - i) an outer tube;
- ii) an inner tube slidably received within said outer tube, at least one of said inner tube and said outer tube being rotatable relative to the other;
 - iii) coarse adjustment means for limiting travel of said inner tube into said outer tube, said coarse adjustment means having:

a rotatable collar located at one end of said outer tube; and an affixing means for affixing said collar to said inner tube;

and

iv) fine adjustment means at one end of said post, comprising a threaded cylinder and a threaded receiver,

wherein a selected one of said threaded cylinder and threaded receiver is integral with a selected one of said outer or inner tubes, whereby rotation of said selected one of said outer or inner tubes effects said fine adjustment.

- 2. The shoring post of claim 1 wherein said fine adjustment means is located coaxially with the vertical axis of said inner and outer tubes.
- 3. The shoring post of claims 1 wherein said fine adjustment means is located at the bottom of said shoring post.
- 4. The shoring post of claim 6 further comprising a base plate integral to said fine adjustment means.
- 5. The shoring post of claim 1 further comprising an extension attachable to said outer tube or said inner tube.

- 6. The shoring post of claim 8 further comprising a drop head attachable to said extension.
- 7. The shoring post of claim 1 further comprising a drop head attachable to said outer tube or said inner tube.
- 8. The shoring post of claim 1 wherein said threaded cylinder is integral to said inner tube.
- 9. The shoring post of claim 1 wherein said threaded receiver is integral to said inner tube.
- 10. The shoring post of claim 8 wherein rotation of said inner tube effects said fine adjustment.
- 11. The shoring post of claim 9 wherein rotation of said inner tube effects said fine adjustment.
- 12. The shoring post of claim 1 wherein said threaded receiver is integral to said outer tube.
- 13. The shoring post of claim 1 wherein said threaded cylinder is integral to said outer tube.
- 14. The shoring post of claim 12 wherein rotation of said outer tube effects said fine adjustment.
- 15. The shoring post of claim 13 wherein rotation of said outer tube effects said fine adjustment.
 - 16. The shoring post of claim 1 wherein said collar includes a handle.

17. The shoring post of claim 16 wherein said handle includes a hole for receiving a striping bar.